

UW-L Men's Basketball

Impact								
Training Week of	6/15/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up								
Sprint/Dynamic		series #1	series #1	series #1	series #1	series #1		
Medicine Balls/Kettlebells								
Running	0	55m @ 9 sec rest 1 min(jog back)X 10		court circuit 4x rest 2 min between				
Hurdle Mobility					3X			
Flexibility				stretch before bed		stretch before bed		
Plyo's			3 Double legged Hops X 5		5 Single legged Bounds (ea. Leg) X 5			
Weight Lifting								
	TEMPO							
Hang Clean from above knee Rest 3 min	0:0:X:0	60k X 5 warm-up 5 reps X 5 sets go low to high, add 5-10k each set		60k X 5 warm-up 5 reps X 5 sets use 80% of Monday's weights		60k X 5 warm-up 5 reps X 5 sets use 80% of Monday's weights		
1 Legged Squat Rest 3 min	2:0:1:0	[30-40k X 6 reps] X 4 sets each leg		[30-40k X 6 reps] X 1 sets each leg		[30-40k X 6 reps] X 4 sets each leg		
DB Bench Press ATTENTION Rest 90s (Assisted) Pull up neutral grip	5:0:3:0 2:0:1:0	5 reps X 4 sets		5 reps X 4 sets		5 reps X 4 sets		
Triceps your choice	2:0:2:0	8 reps X 4 sets		8 reps X 4 sets		8 reps X 4 sets		
		8 reps X 3 sets		8 reps X 3 sets		8 reps X 3 sets		

OFF OFF

measure these, left to right shouldn't be > 15% different